

Co-ed Volleyball

(Ages: 18 yrs to Adult)

Our co-ed recreational league is for adults ages 18 and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated by teams. All rosters and fees will be due upon registration. Deadline to register is March 26.



1830.302 Wed, Apr 18 - Jun 20 6:00pm-9:00pm

10 Week Session

\$85 per team City and Non-City Resident

Walker-Grant Middle School Gym

Registration begins: 1/3 City 1/10 Non-City

Women's Volleyball

(Ages: 18 yrs to Adult)

Our recreational league for women 18 years of age and older is designed for those seeking exercise, skill development, and FUN — not high level competition. All games will be self-officiated. Accepting team registrations only. There will be an 8 team limit to the league. All rosters and fees will be due upon registration. Deadline to register is March 26.



1820.302 Tue/ Thur, Apr 17 - Jun 21 6:00pm-9:00pm

\$85 per team City and Non-City team

Walker-Grant Middle School Gym

Registration begins 1/3 City and Non-City

Basic Ice Skating for Adults

(Ages: 17 yrs to Adult)

These classes are similar to the basic level Pre-Alpha classes but are geared toward adult skaters. The classes are more relaxed and instructors teach based on the skaters' abilities and levels. Classes are held at the Fredericksburg Ice Park.

1510.213 Sat, Jan 6 - Jan 27 10:35am-11:05am

1510.214 Sat, Feb 3 - Mar 3 10:35am-11:05am

1510.306 Sat, Mar 3 - Mar 24 10:35am-11:05am

1510.211 Wed, Jan 3 - Jan 24 5:25pm-5:55pm

1510.212 Wed, Jan 31 - Feb 28 5:25pm-5:55pm

1510.305 Wed, Mar 7 - Mar 28 5:25pm-5:55pm

4 Week Sessions each

\$60 City, \$65 Non-City Resident

Instructor: Ice Park Staff

Fredericksburg Ice Park

Registration begins: 1/3 City 1/10 Non-City

Horseback Riding Lessons for Adults

Look for class listing on page 44.

Adult Fencing

(Ages: 17 yrs to Adult)

Try out this new program! Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you can opt to rent equipment or bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited, sign up today!

4444.204 Tue, Jan 9 - Feb 13 7:45pm-8:45pm

4444.205 Tue, Feb 27 - Apr 3 7:45pm-8:45pm

(classes on Mar. 13, 20, 27 will be held at Lafayette Upper Elementary School)

6 Week Sessions each

\$45 City, \$60 Non-City Resident, plus \$20 equipment rental

Dorothy Hart Community Center

Instructor: Dan Taylor-McNally

Registration begins: 1/3 City

1/10 Non-City

Beginner & Intermediate Fencing

(Ages: 8 yrs to Adult)

Fencing is here! Try out this new program to Parks and Recreation. Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At the first day of class, you will need to rent equipment for \$20, or you can bring your own. Take this opportunity to get off the couch, and learn something new. Class size is limited, sign up today!



Homeschool

4400.201 Mon, Jan 8 - Feb 12 10:00am-11:00am

Evening

4444.206 Tue, Jan 9 - Feb 13 6:30pm-7:30pm

4444.207 Tue, Feb 27 - Apr 3 6:30pm-7:30pm

(classes will be held Mar. 13, 20, 27 at Lafayette Upper Elementary School)

6 Week Sessions each

\$45 City, 60 Non-City plus \$20 equipment rental.

Instructor: Dan Taylor-McNally

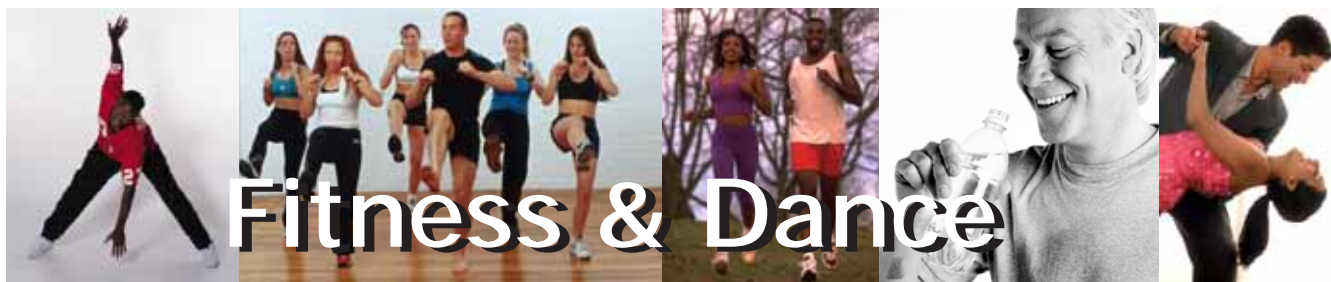
Dorothy Hart Community Center

Registration begins: 1/3 City 1/10 Non-City

Coming this Spring!

Co-ed Kickball League for adults.

This non-traditional sport has become a huge hit with adults across the state. Spread the word and get a team together. More information to come in the Spring Catalog. Call (540) 372-1089 ext. 204 with questions.



Fitness & Dance



Tai Chi

(Ages: 16 yrs to Adult)

Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced since 1981. The exercise coordinates body, mind and spirit.

2310.201 Fri, Jan 5 - Mar 9 6:30pm-7:30pm
 2310.301 Fri, Apr 20 - Jun 22 6:30pm-7:30pm
 10 Week Sessions each (No class 4/6, 4/13)
 \$60 City, \$80 Non-City Resident
 Dorothy Hart Community Center
 Instructor: Charles Riley
 Registration begins: 12/28 City 1/3 Non-City

Tai Chi - Intermediate

(Ages: 16 yrs to Adult)

This class is for the students who wish to learn the second section of the form. The second section is more strenuous than the first. The first section taught in the Beginning Tai Chi.

2310.206 Fri, Jan 5 - Mar 9 7:35pm-8:35pm
 2310.311 Fri, Apr 20 - Jun 22 7:35pm-8:35pm
 10 Week Sessions each (No class 4/6, 4/13)
 \$60 City, \$80 Non-City Resident
 Instructor: Charles Riley
 Dorothy Hart Community Center
 Registration begins: 12/28 City 1/3 Non-City

Advanced Tai Chi

(Ages: 16 yrs to Adult)

This class is for people who already know Da Liu's form, but would like to practice with a group. We will explore more of the meditative and cultural relationships.

4444.200 Fri, Jan 5 - Mar 9 8:40pm-9:40pm
 2310.312 Fri, Apr 20 - Jun 8 8:40pm-9:40pm
 10 Week Sessions each (No class 4/6, 4/13)
 \$60 City, \$80 Non-City Resident
 Dorothy Hart Community Center
 Instructor: Charles Riley
 Registration begins: 12/28 City 1/3 Non-City

Yoga for Beginners

(Ages: 18 yrs to Adult)

Learn how to use your mind and your body in a more efficient way as you practice the "postures" of Hatha yoga. Yoga will promote physical balance, increase mental alertness, and help prevent injury and discomforts. You will benefit from instruction in breath work, neuromuscular control and relaxation skills. Just say "ahhh" to yoga. Yoga is done in bare feet. Bring a blanket or mat if you have one.



2630.211 Tue, Jan 9 - Jan 30 9:15am-10:15am
 2630.201 Tue, Feb 6 - Feb 27 9:15am-10:15am
 2630.303 Tue, Mar 6 - Mar 30 9:15am-10:15am
 2040.321 Tue, Apr 3 - Apr 24 9:15am-10:15am
 4 Week Sessions each
 \$32 City, \$43 Non-City Resident
 Instructor: Kimberly Perry
 Dorothy Hart Community Center
 Registration begins: 12/27 City 1/3 Non-City



A New Year... A New You!

Get fit AND have fun with Fredericksburg Parks and Recreation.

It's easy to be active with the many choices on these pages. Bring a friend... or make new friends while you're here. Don't wait... Sign up today.

Get Fit With Your Kids...

Join our Karate and Fencing classes and play... learn... get fit... together! See pages 28 & 32.

AEROBICS SCHEDULE

The fitness classes listed on this page are interchangeable with your purchase of the punch card.

12 classes: \$37 City or Non-city Resident

24 classes: \$60 City or Non-city Resident

** As always, we invite you to try any of our aerobic classes for the first time FREE! To suit your life-style we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!



Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. ***Use with punch card.**

Monday, Wednesday, & Friday,
8:15am - 9:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Interval Workout

We'll do a warm-up before engaging in a cardio / weight work-out. Alternating between the cardio and the weights, we'll have fun using free weights, bands, balls or step followed by a floor workout for your abs. We'll finish up with stretching and a cool down. ***Use with punch card.**

Monday, Wednesday, & Friday
9:05am - 10:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified



Strength & Stretch for Active Older Adults

A TWO-PART CLASS MODIFIED FOR ACTIVE OLDER ADULTS. The first half-hour consists of modified weight training for more mature adults who desire to gain muscle and bone strength. We will help you burn fat and decrease bone loss. The second half-hour consists of flexibility training and balance through stretching techniques, including yoga and pilates. By gaining strength and flexibility you will improve your overall well being. ***Use with punch card.**

Tuesday & Thursday
1:00pm - 1:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Charlotte Turner, YMCA & CPR cert.



Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience. ***Use with punch card.**

Monday and Wednesday,
6:00pm - 6:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR cert.

Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule. ***Use with punch card.**

Tuesday and Thursday
6:30pm - 7:25pm - Ongoing
Dorothy Hart Community Center
Instructor: Tammy Vuolo, ACE & CPR certified

Aerobic Classes

We offer ongoing aerobic classes at the Community Center. Review this schedule and the previous page for descriptions.

Purchase a PUNCHCARD for these ongoing aerobics classes.


FEE SCHEDULE:

12 classes: \$37 City or Non-City

24 classes: \$60 City or Non-City



* As always, we invite you to try any of our classes for the first time FREE! To suit your life-style, we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel | | 8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel | | 8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel |
| 9:05-10:00am Interval Workout Instr: Wrobel | | 9:05-10:00am Interval Workout Instr: Wrobel | | 9:05-10:00am Interval Workout Instr: Wrobel |
| | | | |  |
| | 1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Turner | | 1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Turner | |
| | | | | |
| 6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel | 6:30-7:25pm Step Aerobics Instr: Vuolo | 6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel | 6:30-7:25pm Step Aerobics Instr: Vuolo | |

Fitness in Motion Classes

You must pre-register for these classes separately. NO punchcards to attend these classes.

Class dates and fees are listed with individual class descriptions. Many of these classes have limited space - register now.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------------|--|----------|---|--|
| | 9:15-10:15pm Yoga Instr: Perry | | | | 10:00-12:00pm Karate Instr: Morton |
| | | | | 12:30-3:00pm Line Dance Instr: Conlin | |
| | | | | | |
| 5:30-6:30pm Karate Instr: Morton | | 5:30-6:30pm Karate Instr: Morton | | 6:30-7:30pm Tai Chi Instr: Riley | |
| | | | | 8:00-9:00pm Tai Chi Instr: Riley | |

Isshynru Karate

(Ages: 8 yrs to Adult)

A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! No class on January 15 and February 19.



Evening Karate

2530.201 Mon/ Wed, Jan 8 - Feb 28 5:30pm-6:30pm
2530.311 Mon/Wed, Apr 2 - May 9 5:30pm-6:30pm

Saturday Karate

2530.203 Sat, Jan 13 - Mar 3 10:00am-12:00pm
2530.314 Sat, Mar 10 - Mar 31 10:00am-12:00pm
2530.313 Sat, Apr 7 - May 12 10:00am-12:00pm

4 Week Sessions each (No class 1/15, 2/19)

\$30 City, \$40 Non-City Resident

Dorothy Hart Community Center

Instructor: Mike Morton

Registration has already begun.

Junior Karate

(Ages: 5 to 8 yrs)

Our Junior Karate class is a great introduction into the world of martial arts for your child age 5-8. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited. No class Jan 15 or Feb. 19.



2520.201 Mon/ Wed, Jan 8 - Feb 28 4:30pm-5:15pm
2520.302 Mon/ Wed, Apr 2 - May 9 4:30pm-5:15pm

6 Week Sessions each (No class 1/15, 2/19)

\$30 City, \$40 Non-City Resident

Instructor: Mike Morton

Dorothy Hart Community Center

Registration has already begun.

Get Fit With Your Kids...

Join our Karate and Fencing classes and play... learn... get fit... together! See page 28 for Fencing Classes.

Belly Dance Basics I

w/ Karen

(Ages: 12 yrs to Adult)

Learn the basics of this ancient artform to improve your fitness, increase your flexibility and help relieve stress. Students in this basic class follow the instructor through movements at their own fitness ability using belly dance as a fun way to exercise. No class Jan. 15 or Apr 9.



3722.224 Mon, Jan 8 - Jan 29 7:00pm-8:00pm
3722.225 Mon, Feb 5 - Feb 26 7:00pm-8:00pm
3 Week Sessions for \$28 City, \$36 Non-City Resident

3722.305 Mon, Mar 5 - Mar 26 7:00pm-8:00pm
3722.308 Mon, Apr 2 - Apr 30 7:00pm-8:00pm

4 Week Sessions each for \$35 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Karen Sullivan

Registration has already begun.

Belly Dance Basics II w/ Karen

(Ages: 12 yrs to Adult)

This class builds upon skills developed in Basic I with a focus on simple combinations. No class Jan. 15, Feb. 19 or Apr 9.



3722.229 Mon, Jan 8 - Jan 29 8:00pm-9:00pm
3722.230 Mon, Feb 5 - Feb 26 8:00pm-9:00pm
3 Week Session for \$28 City, \$36 Non-City Resident

3722.338 Mon, Mar 5 - Mar 26 8:00pm-9:00pm
3722.339 Mon, Apr 2 - Apr 30 8:00pm-9:00pm
4 Week Session for \$35 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Karen Sullivan

Registration has already begun.

Don't wait too long to register...

Many of these classes have limited openings and fill quickly on a first-come, first-served basis. On occasion, we cancel a class due to low enrollment and we don't know you are planning to register at the last minute. Either way - you might miss out. We recommend registering early - when you know you want to experience the program. See pages 8-11 on how to register today.



Belly Dance Basics I w/ Anthea

(Ages: 12 yrs to Adult)
For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

| | | |
|----------|----------------------|---------------|
| 3722.205 | Tue, Jan 23 - Feb 13 | 7:30pm-8:30pm |
| 3722.325 | Tue, Apr 3 - May 1 | 7:30pm-8:30pm |
| 3722.214 | Thur, Jan 4 - Jan 25 | 7:30pm-8:30pm |
| 3722.218 | Thur, Feb 1 - Feb 22 | 7:30pm-8:30pm |
| 3722.334 | Thur, Mar 1 - Mar 29 | 7:30pm-8:30pm |
| 3722.324 | Thur, Apr 5 - Apr 26 | 7:30pm-8:30pm |

4 Week Sessions each

\$35 City, \$46 Non-City Resident, \$15 Drop-In

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 12/28 City 1/3 Non-City

Belly Dance Basics II w/ Anthea

(Ages: 12 yrs to Adult)

Continue from Basics I for more FUN or FITNESS! "Belly-robics" Warmup. Foundation Topics include: Oriental choreography; Introduction to Veil; Tribal Odyssey Level 1. Enroll by Instructor approval.

| | | |
|----------|----------------------|---------------|
| 3722.216 | Thur, Jan 4 - Jan 25 | 8:30pm-9:30pm |
| 3722.217 | Thur, Feb 1 - Feb 22 | 8:30pm-9:30pm |
| 3722.335 | Thur, Mar 1 - Mar 29 | 8:30pm-9:30pm |
| 3722.336 | Thur, Apr 5 - Apr 26 | 8:30pm-9:30pm |

4 Week Sessions each

\$35 City, \$46 Non-City Resident, \$15 Drop-In

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 12/28 City 1/3 Non-City

Ooops... We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

Intermediate Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Continue from Basics II. For the dedicated dancer, home practise required. Wonderful opportunity to study with a nationally-known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Oriental choreography; Tribal Odyssey Level 2. Enroll by Instructor approval.

| | | |
|----------|---------------------|---------------|
| 3722.220 | Wed, Jan 3 - Jan 24 | 8:00pm-9:00pm |
| 3722.221 | Wed, Feb 7 - Feb 28 | 8:00pm-9:00pm |
| 3722.341 | Wed, Mar 7 - Mar 28 | 8:00pm-9:00pm |
| 3722.342 | Wed, Apr 4 - Apr 25 | 8:00pm-9:00pm |

4 Week Sessions each

\$39 City, \$50 Non-City Resident, \$15 Drop-In

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 12/28 City 1/3 Non-City

Advanced Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Continue from Intermediate. For the dedicated dancer, home practise required. Choreography, composition; in-depth music and rhythms. Tribal Odyssey Levels 3 and 4. "Performance Prep" including rehearsals and review. Enroll by Instructor approval.

| | | |
|----------|---------------------|---------------|
| 3722.227 | Wed, Jan 3 - Jan 24 | 7:00pm-8:00pm |
| 3722.228 | Wed, Feb 7 - Feb 28 | 7:00pm-8:00pm |
| 3722.346 | Wed, Mar 7 - Mar 28 | 7:00pm-8:00pm |

4 Week Sessions each

\$39 City, \$50 Non-City Resident, \$15 Drop-In

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 12/28 City 1/3 Non-City



Classes have limited spaces.

Don't wait to register.

See pages 7-10 on how to register today!

Line Dance

(Ages: 16 to Adult)

Love to dance, but don't have a partner? Well, in Linda's Line Dance classes you don't need one! You can get some great exercise without "working out." From 12:30 - 1:30pm Linda teaches low impact line dances with variations that are great for first time dancers and Senior Citizens. From 1:30pm - 3:00pm she teaches moderate to high impact line dances for those people with more experience. No Partner or experience needed. Variations are shown, so you can pick your own pace & style. Wear light comfortable clothes and tennis shoes.

DROP-IN ANYTIME!

Fridays, Jan 5 - May 25 (Mar 9, 16, 23 or 30 move to Ray Grizzle Activity Center)

12:30pm - 1:30pm - Low Impact

1:30pm - 3:00pm - Moderate & High Impact

\$4 City or Non-City Resident per week per person

Dorothy Hart Community Center

Instructor: Linda Conlin

Register on a weekly basis.

Square Dance

The Rappahannock Twirlers will dance the 1st and 3rd Saturdays this winter at the Community Center. For more information, give the Twirlers a call at (540) 786-2683.



Round Dance

Round Dancing is like ballroom dancing except that all couples dance the same figures simultaneously as they are cued. Learn figures in two step, waltz, cha, rumba, jive, foxtrot, tango and other rhythms. Enjoy a fun way of keeping mind and body fit. Please wear soft soled shoes to protect the wood floor as well as for dancing ease. Questions? Contact Nana @ (703) 670-3063.

Meets Weekly, Mondays, 7:00pm - 9:15pm

\$5 City or Non-City per person per week, register weekly

Dorothy Hart Community Center

Instructors: Nana & Tim Eum

Registration is ongoing. Just show up to get started.

Help save our floors!

Please wear soft-soled shoes when taking dance classes at the Community Center.



Beginning Swing, Jitterbug, & Rock

(Ages: 16 yrs to Adult)

Why just watch "Dancing with the Stars" when you can learn some of the same steps with Leonard? Get off the couch, get your partner and get moving! Take a little time and learn a new move on the dance floor. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on

the floor. Take a chance and give it a try! Wear SOFT-SOLED shoes.

3310.314 Wed, Apr 4 - Apr 25 6:30pm-7:30pm

3310.315 Wed, May 2 - May 23 7:30pm-8:30pm

4 Week Session

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for Sept. Session.

Registration begins: 1/3 City 1/10 Non-City

Beginning Ballroom Dance

(Ages: 16 yrs to Adult)

A great way to do something together, while learning in an informal atmosphere. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Come have a great time, and learn how to woo people on the dance floor. Only a limited amount of singles will be accepted. Wear SOFT-SOLED SHOES

3310.301 Wed, Apr 4 - Apr 25 7:30pm-8:30pm

3310.313 Wed, May 2 - May 23 6:30pm-7:30pm

4 Week Session

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for Sept. Session.

Registration begins: 1/3 City 1/10 Non-City



Classes fill on a first-come, first-served basis.
Don't wait... register today!